

**WHAT IS CLAIMED IS:**

1. A back-mounted, load-carrying apparatus, comprising:
  - a base having first and second sides;
  - two adjustable shoulder straps fixedly attached to said base;
  - hip load bearing elements fixedly attached to said base;
  - an adjustable waist belt assembly coupled to said hip load bearing elements;
  - a load-restraining assembly fixedly attached to said base and including first and second adjustable straps, said first strap adapted to secure said load with respect to a substantially vertical axis, and said second strap adapted to secure said load with respect to a substantially horizontal axis; and
  - a strap-storage assembly fixedly attached to said base for reversibly securing and storing said first and second straps when not in use.
2. The back-mounted, load-carrying apparatus according to claim 1, wherein said base is comprised of a substantially rigid frame.
3. The back-mounted, load-carrying apparatus according to claim 2, wherein said substantially rigid frame is comprised of plastic.
4. The back-mounted, load-carrying apparatus according to claim 2, wherein said substantially rigid frame is comprised of polyethylene.

5. The back-mounted, load-carrying apparatus according to claim 1, wherein said base is comprised of a substantially rigid frame substantially surrounded by a moisture-resistant material.

6. The back-mounted, load-carrying apparatus according to claim 5, wherein said moisture-resistant material is comprised of a fabric.

7. The back-mounted, load-carrying apparatus according to claim 6, wherein said fabric is selected from the group consisting of nylon and polypropylene.

8. The back-mounted, load-carrying apparatus according to claim 1, wherein said apparatus is adapted to carry an empty child car seat.

9. The back-mounted, load-carrying apparatus according to claim 1, wherein said apparatus is adapted to carry a three-dimensional item.

10. The back-mounted, load-carrying apparatus according to claim 1, wherein at least one of said shoulder straps, waist belt assembly or hip-load bearing elements is padded.

11. The back-mounted, load-carrying apparatus according to claim 1, wherein said first and second adjustable straps end in fastening elements.

12. The back-mounted, load-carrying apparatus according to claim 11, wherein said fastening elements are selected from the group consisting of a buckle, hook-and-loop elements and a snap-on device.

13. The back-mounted, load-carrying apparatus according to claim 1, wherein said strap-storage assembly is comprised of a plurality of straps and hook-and-loop elements.

14. The back-mounted, load-carrying apparatus according to claims 1, further comprising a padded upper-back support element attached to said base.

15. The back-mounted, load-carrying apparatus according to claims 1, further comprising a padded lower-back support element attached to said base.

16. The back-mounted, load-carrying apparatus according to claim 1, wherein said apparatus is resistant to moisture, stains and soil.

17. A back-mounted, load-carrying apparatus to be worn by a user, comprising:

- a base adapted to be in contact with the back of the user;
- two adjustable shoulder straps fixedly attached to said base and adapted to fit over the user's shoulders;
- hip load bearing elements fixedly attached to said base and adapted to rest on the hips of the user;

- an adjustable waist belt assembly coupled to said hip load-bearing elements and adapted to fit around the waist of said user; and

- a load-restraining assembly fixedly attached to said base and including first and second adjustable straps, said first strap adapted to secure said load with respect to a substantially vertical axis, and said second strap adapted to secure said load with respect to a substantially horizontal axis.

18. A method of carrying an empty child's car seat when the car seat is not in use, comprising the steps of:

- placing the car seat on a load-bearing apparatus, said load-bearing apparatus comprising a base, two adjustable shoulder straps fixedly attached to said base, hip load bearing elements fixedly attached to said base, an adjustable waist belt assembly coupled to said hip load bearing elements, and first and second adjustable straps;

- securing said car seat in a substantially vertical axis using said first strap;

- securing said car seat in a substantially horizontal axis using said second strap;

- placing said load-bearing apparatus over the shoulders of said user using said adjustable shoulder straps; and

- engaging first and second fastening elements located on said waist belt assembly to secure said load-bearing apparatus around an individual's waist.